

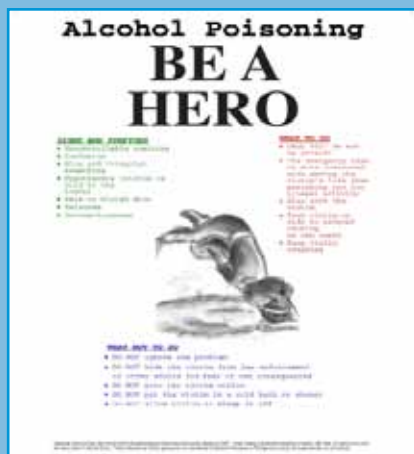


SAFEnet

December 2010

LOOKING FOR STUDENT'S 'KEEPING IT SAFE'

NOMINATE NEXT MONTH'S STUDENT'S KEEPING IT SAFE!!



The Keeping it Safe Team's, *Student's Keeping it Safe*, highlights a student or group who is making a positive impact on the community. The Keeping it Safe team will recognize each month an individual or group, between the grade levels of 6th and 12th.

Past winners have included Clarksburg High School SADD, Rockville High School SADD, Project Change, DLC's Under 21 Volunteers, alcohol poisoning poster participants, and individual students at Magruder High School.

Please email melissa.romeo@montgomerycountymd.gov for the nomination form so the Keeping it Safe Team can give recognition to those students who are making the community a better place for teens.

Newsletter Highlights



Get Local!
What's Happening in
Montgomery County and
Maryland



Tips... Stats... Signs...



In the News

Questions?

Montgomery County community members can email related questions and receive updated prevention information. Please email: safenet@montgomerycountymd.gov

Tell a friend about SAFEnet and have them send an email to safenet@montgomerycountymd.gov with the subject line "SIGN ME UP"

To unsubscribe, please send email to SAFEnet@montgomerycountymd.gov with the subject line "UNSUBSCRIBE ME"

Keeping it Safe is a Montgomery County Department of Liquor Control Public Education Campaign. This campaign outreaches to both the hospitality industry and the community on youth alcohol prevention and responsible alcohol service.

Separate from these efforts, is a volunteer coalition, also known as the Keeping it Safe (KIS) Coalition aimed at preventing under 21 alcohol use.

KEEPING IT SAFE

SAFEline- Call **301-670-SAFE** to request information on hosting under 21 alcohol free events or to report an upcoming under 21 alcohol party, event, or provider.

To report a party in progress, call the non-emergency police line at 301-289-8000.

For more information on state laws, consequences, or to order materials on Keeping it Safe, please contact the Department of Liquor Control Outreach Office, 240-777-1989, or e-mail dlc@montgomerycountymd.gov.

Keeping it SAFE Coalition Announces 8th Annual Student Video Contest

Montgomery County Keeping It SAFE Coalition announces the 8th Annual Student Video Contest for Montgomery County middle and high school age youth groups. Youth are challenged to create a 30-second public service video that focuses on preventing under-21 alcohol use. Cash prizes will be awarded to school groups

The contest rules, guidelines and youth awards event details will be available at www.montgomerycountymd.gov/KIS, or by calling 240-777-6652. Entries must be received by 5 pm January 26, 2011.

For more information email meg.baker@montgomerycountymd.gov.

Did you know?

40% have tried alcohol by the time they reach eighth grade

Source: SAMHSA

Gansler Asks Health Department to Pull Caffeine-Infused Alcoholic Drinks From Shelves

Maryland Attorney General Douglas F. Gansler asked the state's health department to remove all caffeine-infused alcoholic drinks from the state's liquor stores and taverns.

"I ask you to exercise your authority, to take all steps available to you to prevent any further distribution or sale of these unsafe, unadulterated, and mislabeled products wherever found in Maryland," Gansler wrote in a letter to John M. Colmers, the state's secretary of health and mental hygiene.

"These products have been found to be unsafe, and rightly so," said Gansler, who joined 17 other attorneys general last year in asking that the FDA investigate the safety of the product.

Health officials say the drinks, which have grown in popularity and notoriety since they first became widely available in 2002, are dangerous because the caffeine masks the effects of the alcohol, fooling consumers into thinking they are not drunk even after drinking large amounts.

Source: NABCA

Montgomery County Project Prom/ Graduation- Vendor Fair

On December 5, 2010 from 1 - 4 PM, there will be a Vendor Fair at the Holiday Inn Gaithersburg, admission is free. This annual event serves the post prom coordinators as well as any community members who are interested in organizing activities for youth. Representatives from various entertainment service providers display samples of activities and products. For more information call 240-777-6652.

Resources for Teens

Teen Line- Teens Helping Teens

Do you need help working something out?



Do you want to talk to someone who understands, like another teen?

Teen Line is here to help!

(800) TLC-TEEN (852-8336)
Open from 3pm to 7pm every night.

OR You can visit www.teenline.org to get online help, chat online, or read message boards.

Employment For Teens

Looking for a job? Visit the Recreation Department website to view job opportunities including seasonal and part time employment. Please click here.

Or visit www.teenjobsection.com/maryland-jobs.php for teen jobs throughout Maryland

Teens in Charge

Here's your chance to be a part of a group of Teens in Charge!

Check out the Sports Academy Program, now located at several Montgomery County High Schools. The Sports Academy features basketball, soccer, ping-pong, and weightlifting in a safe, positive, supervised setting. Enjoy special events, pizza, games and even prizes!

For more information contact the Department of Recreation at 240-777-6804.

Be Aware!

Reasons Why Teens Start Drinking

Adults Can Help Prevent Teen Drinking

As children approach their teen years, they begin to experience many emotional and physical changes, changes that are not always easy. During this challenging and confusing time, even good children may experiment with alcohol.

For most children, it's not just one thing that influences them to drink, but a combination of factors.

Stress

When children worry about things like grades, fitting in, and physical appearance, they may use alcohol as a way to escape their problems. Encourage your child to get involved in sports or other extracurricular activities as a healthier way to cope.

More Freedom

As children begin spending more time with their peers and less time with their parents, this increased freedom can lead to drinking. While it's important to give your child space, keep track of where they are and who they're with. If they are at a friend's house, make sure a responsible adult is nearby or accessible.

Curiosity

Taking chances and trying new things is a normal part of growing up. For some children, this exploration includes experimenting with alcohol. Remind your child about the real risks of underage drinking, and make sure he or she knows how you feel about underage drinking.

Peer Pressure

Most children feel pressure to be popular and fit in. Many try alcohol when they are in a social setting where "everyone else is doing it." Help boost your child's confidence by helping them learn different ways to say "no", and reminding them that real friends wouldn't pressure them to drink.

Transitions

Life events, like going from middle school to high school, breaking up with a significant other, moving, or divorce, can cause a child to turn to alcohol. Reassure your child that things will get easier, and make sure he or she knows that drinking isn't a solution.

Environment

If children grow up in an environment where adults drink excessively, they are more likely to drink themselves. If you choose to drink, set a good example by drinking in moderation, and make sure your child knows that underage drinking is not acceptable.

Genetics

Children who come from a family with a history of alcoholism are at an increased risk for alcohol dependence. If alcoholism runs in your family, have an honest discussion with your child, and make sure he or she understands the seriousness of the disease.

Personality

Children who are disruptive, hyperactive, or depressed are at a higher risk for alcohol problems. If you feel that your child's social issues could lead him or her to abuse alcohol, consider having your child see a drug and alcohol counselor. *Source: SAMHSA*

Fact or Fiction

Myth: Drinking isn't all that dangerous.

Fact: One in three 18- to 24-year olds admitted to emergency rooms for serious injuries is intoxicated. Additionally, alcohol is associated with many sexual assaults, homicides, suicides, drownings and accidental injuries or fatalities.

Myth: I can drink and still be in control.

Fact: Alcohol impairs your judgment, which increases the likelihood that you will do something you'll later regret such as having unprotected sex, being involved in date rape, damaging property, injuring friends or being victimized by others.

Myth: I can sober up quickly if I have to.

Fact: The liver metabolizes about 90% of the alcohol in a body. Only 10% or less is excreted through urine, sweat and breath. It takes at least one hour for the body to fully process one drink. Nothing can speed up this process—not even coffee, cold showers or chugging water.

Myth: I'd be better off if I learn to "hold my liquor."

Fact: If you have to drink increasingly larger amounts of alcohol to get a "buzz" or "high," you are developing a tolerance. This increases your vulnerability to many serious problems, including alcoholism. In addition, a person may not look or feel intoxicated, but his or her cognitive and psycho-motor skills are nevertheless impaired putting him or her at high risk for serious problems involving driving, sexual decision making and long term health problems.

Information provided by the National Institute on Alcohol Abuse and Alcoholism

Wake up to Teen Binge Drinking

One in four high school students are drinking five or more drinks at a time or binge drinking, according to the 2009 Behavioral Risk Factor Surveillance System cited by the Centers for Disease Control and Prevention. Complicating high-risk teenage binge drinking has been the prevalence of high-alcohol, caffeine-laden energy drinks, and adults who remain silent. Youth refer to these alcoholic energy drinks as "blackout in a can." Drinking one 23.5-ounce can of a 12 percent alcohol energy drink is the equivalent of drinking a six-pack of light beer. A 120-pound female who drinks such a can inside of 60 minutes can have a blood-alcohol reading of .23. A .30 reading can be lethal and .35 level can put someone in a coma and is the equivalent of surgical anesthesia.

Last week the Food and Drug Administration concluded its yearlong investigation of alcoholic energy drinks in the midst of highly publicized stories where numerous university students needed emergency medical attention after consuming such products. Having pronounced caffeine and other stimulants in these products as "an unsafe food additive," the FDA report is not good news for the manufacturers. But the FDA alone cannot make all the changes we need. The alcoholic beverage industry knows that energy drinks, and the mixture of alcohol with stimulants, are popular with youth. What do other adults know about mixing energy drinks and alcohol and teenage binge drinking? Not enough.

In a study conducted for the CDC, 33 percent of teens reported binge drinking in the past 30 days, and only 3 percent of parents reported their teen binge drinking in the past 30 days. Generally, parents are unaware or unwilling to acknowledge this dangerous drinking behavior. A recent study at the University of Maryland's School of Public Health found "college students who routinely consume highly caffeinated energy drinks are at a significantly higher risk for becoming alcohol-dependent."

In the face of current evidence and recent reporting, it would seem that parents and adults who care about young people would be vocal in calling for change in any alcohol-related product, marketing or behavior deemed dangerous to youth. But that is not the case.

To read the full story, [click here](#).

Alcohol Whipped Cream Dubbed the "New Four Loko"

The internet is abuzz today with reports of alcohol-infused whipped cream being the "new Four Loko." Companies like Whipped Lightning and Cream make several delicious flavors of boozy whipped goodness that have apparently topped the jello shots and baked goods of college kids in Florida ... And cue the media freakout that it's a "safety threat to students."

At the center of the controversy is the products' alleged huge alcohol content (18 percent, making one can equal to about three beers). But anyone who puts away an entire can of whipped cream in one sitting--alcoholic or otherwise--likely needs to worry more about indigestion and weight gain than drunkenness.

There's also worries that folks will get high off the nitrous oxide gases that pressurize the can, thus making it a deadly trifecta of dessert, booze and whip-its.

Source: NABCA

